

The Silver Express Party in the Park

Monday, June 26, 2023 in Lincoln Park

Lunch Served: 11:45 am - 12:30 pm | Tickets are required for lunch.

Call 701-772-7245 with the full name and birth date of each person who would like a hamburger meal to reserve tickets. Limited tickets available. You cannot get a ticket at the park. No sit-down lunch will be served at the GF Senior Center this day. Drive-Thru will be available. Pick up your tickets at the GF Senior Center ahead of time, or we can mail them to you. Paperwork will be required for this event. (We apologize if you have already filled out the paperwork, but we need to make sure we have up-to-date paperwork for everyone.)

Suggested contribution of \$5 for people 60+ and their spouses.

\$12 for those under 60, to be paid when tickets are picked up.

To make a contribution, place your cash or check in the envelope provided with your tickets. Bring your contribution, tickets, and completed paperwork to the food line at the park. Bring your own lawn chair.

Limited seating will be available at shelter #3.

No dogs please.

Lane Lindseth will be performing at 12:45pm.



Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Roxie Honkola	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Josee Locken, BSW	701-757-4883
Grand Forks Resources, Bethany Markwardt, LBSW	701-757-4872
Rural (GF & Nelson) Resources, Joyce Austin	701-757-4881
Activity Manager, Ranea Johnson	701-757-4866
Public Relations Manager, Amanda Rengstorf	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Sit-Down Meal Information & Frozen Meals, Mary Johnson	701-757-4869
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN, BSN	701-757-4868

GFSC Board of Directors

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Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is to provide opportunities for older adults to live to their full potential.

The Greater Grand Forks Senior Citizens Association, Inc. makes available all services and assistance without regard to race, color, religion, national origin, age, sex, political beliefs, disability, or status with respect to marriage or public assistance.

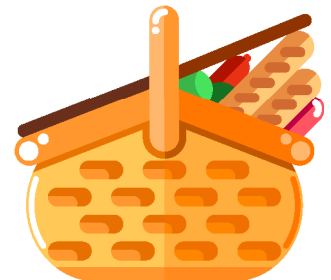
If you feel you have been discriminated against, please contact one of the board members or the Executive Director.

Building & Program Usage Guidelines

- **Building and Activities:** For people 55 and older. Younger guests may accompany seniors occasionally.
- **Senior Dining Meals:** For people 60 and older and their spouses. Younger guests may accompany seniors occasionally.
- **Foot Care:** People 60 and older.
- **Meals on Wheels:** For homebound people 60 and older and their spouse or caregiver of any age.
- **Home Delivered Meals:** Homebound, people of any age.
- **Bingo:** People 18 and older, according to state gaming laws.

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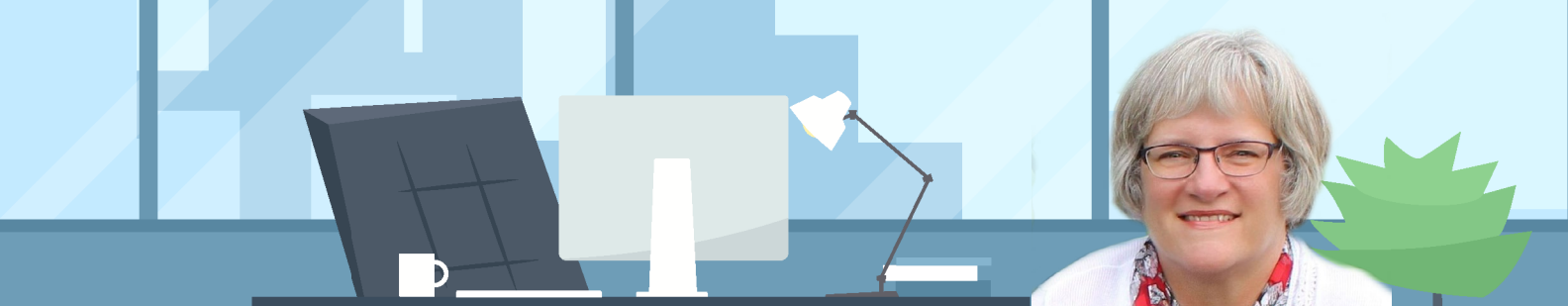
While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed.



Your presence at the GFSC constitutes your permission for us to use your likeness.

PLEASE stay home if you are at all sick.

We cannot emphasize this enough. There are many illnesses circulating and the population we serve has a decreased immune system. Also, if too many staff get sick, we will be unable to serve you at full capacity. If you are at the Grand Forks Senior Center and staff sees that you are under the weather, we will ask you to leave. Our main priority is to keep everyone healthy!



From the Director's Chair by Colette Iseminger

MAKE EVERY BITE COUNT!

North Dakota Department of Health and Human Services, Aging Services announces exciting new menu updates to help “*Make Every Bite Count!*”

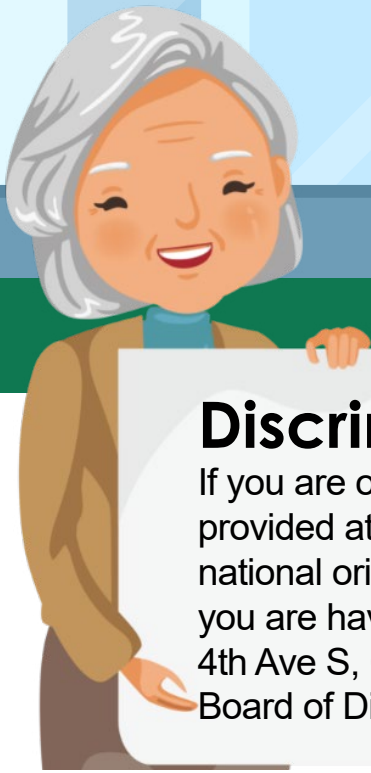
The meals you receive as part of the nutrition program are designed by dietitians and chefs to be tasty and keep you healthy. The new items that you are seeing on the menus are based off feedback received from individuals across North Dakota and follow the new 2020-2025 Dietary Guidelines for Americans. These menus and recipes are designed to make sure you receive all the nutrition you need to stay healthy. It is important meals are nutritious and to “*Make Every Bite Count!*”

The Guidelines

Make every bite count with the *Dietary Guidelines for Americans*. Here's how:



Dietary Guidelines for Americans, 2020-2025



Discrimination is Prohibited

If you are otherwise qualified, your rights to receive the services or benefits provided at this facility without regard to your race, color, religion, sex, national origin, age, or handicap are protected by Federal Law. If you believe you are have been discriminated against, contact Colette Iseminger at 620 4th Ave S, Grand Forks, ND 58201, 701-772-7245, or contact one of our Board of Directors listed on page 2.

June Presentations/Speakers

Tuesday, June 27 at 1 pm

Join us for a presentation by German Law. German Law specializes in Estate Planning, Elder Law/Medicaid Services, Trust Administration/Probate and Legacy Planning.

Paid Advertisement

Senior Day at the Greater Grand Forks Fair



Sunday, June 25 Lunch Served at Noon

Free Lunch and great music by Sherwin Linton at the Greater Grand Forks Fair **Senior Day**, free gate admission for seniors and a **free meal at the fair.**





Activity Info

Music Monday

Mondays at 1 pm

Join us select Mondays at 1 pm as we gather and appreciate the talents of local musicians.

Retirement Party for Ranea Johnson

June 5 Joe Schmidt

June 12 Greg Norman

June 19 Chuck Gust

Party in the Park

June 26 Lane Lindseth
at Lincoln Park,
Shelter # 3 at
12:45 pm

KNOX Update

**Thursday, June 1
at 7:45 am**

Tune in to KNOX radio to listen to our monthly update with Brian Michaels.
1310 AM or 107.9 FM

No Tech Talk Class in June.

Tour the Senior Center

**Tuesday, June 6
at 9 am**

Meet in the lobby. All are welcome. Tours are given the first Tuesday of each month. Plan for an hour. You will be seated most of the time.

Monthly Creations



**Wednesday, June 7
at 10:00 am**

Note time and date change!

Join Ranea for her last class as she teaches you how to make Tea Cup Fairy Gardens. Cost is \$3 per person. Call 701-757-4866 to register. Class size is limited.

AARP Driver's Safety



**Wednesday, June 7
from Noon - 4 pm**

The AARP Driver's Safety course teaches valuable driving skills and gives a refresher on the rules of the road. You may also qualify for a discount on your car insurance by completing this course! Call your insurance agent to see if you are eligible!

Cost: \$20 for AARP members, \$25 for non-members (cash/check only). Call the GFSC front desk at 701-772-7245 to register. Class size limited.

Volunteers Needed

We are looking for a volunteer Bingo Auditor, Trivia Leader, and delivery drivers for Meals on Wheels and Home Delivered Meals. Please see page 16 for more information!



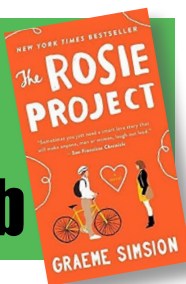
FREE Legal Services for Seniors

**Thursday, June 8
from 9 am - 10:30 am**

**Thursday, June 22
from 2 pm - 3:30 pm**

Legal Services of ND provides free legal assistance twice a month at the Grand Forks Senior Center. Call 701-852-4369 ext: 330 to make an appointment. Walk-ins accepted as time allows.

Constant Reader's Book Club



**Monday, June 12
at 10:30 am**

We will be discussing "The Rosie Project" by Graeme Simsion . Book for July, "Breakfast with Budha" by Roland Merullo will be distributed at the June meeting. New people welcome!

Visually Impaired Senior Support Group

**Tuesday, June 13
from 1 pm - 3 pm**

(2nd Tuesday of each month) in the GFSC Activity Room. If you have any questions regarding this group, contact Pam at 701-795-2719.

Now Hiring!

Bingo Coordinator

Looking for a bingo coordinator to work bingo each week, complete the paperwork and deposit. Hours are Noon to 4:30 pm Wed and Thurs (9 hours/week). No flexibility with hours. Wage is \$22/hour, no benefits. Must be friendly, have basic math skills and pass a background check. Apply in person or online at gfseniorcenter.org/evopps.

No exercise classes at Hope Church the week of June 12-15, or June 22. Classes will be at Lincoln Park behind shelter #3. Bring a folding chair.

Coffee and Pie with a Cop

**Tuesday, June 20
at 1:30 pm**

Join Sergeant Kris Brown for coffee, pie and conversation. **Strawberry Rhubarb pie** and ice cream will be available to purchase for \$2.

\$100 Bingo Giveaway!

**Thursday, June 29
at 1 pm**

Join us for a special Independence Day \$100 must-go bingo jackpot!

Join us every Wed and Thurs at 1 pm for Bingo! \$2/ Card. You play that card for 15 games. Four additional 80% payout games follow regular session.

April bingo payouts totaled **\$3,423.50!**



June 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>7:45 am KNOX Update 9:30 am Men's Coffee 10:00 am Crochet Class 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>2</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>5</p> <p>9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday Ranea's Retirement Party 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>6</p> <p>9:00 am Healthy Bones AM 9:00 am Tour 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>7</p> <p>9:30 am Men's Coffee 9:30 am Game Group 10:00 am Monthly Creations Tea Cup Fairy Garden 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>8</p> <p>9:00 am - 10:30 am Free Legal Services 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>9</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>12</p> <p>9:30 am Men's Coffee 10:30 am Book Club 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Lincoln Park - Outside behind Shelter #3) 3:30 pm Chair Yoga (Lincoln Park - Outside behind Shelter #3)</p>	<p>13</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Vision Support Group 1:00 pm Farkle 3:30 pm Healthy Bones (Lincoln Park - Outside behind Shelter #3)</p>	<p>14</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Lincoln Park - Outside behind Shelter #3)</p>	<p>15</p> <p>9:30 am Men's Coffee 10:00 am Crochet Class 10:00 am Finance Meeting 11:00 am Board Meeting 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Lincoln Park - Outside behind Shelter #3)</p>	<p>16</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>20</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Farkle 1:30 pm Coffee & Pie w/ a Cop (\$2/pie & ice cream) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>21</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>22</p> <p>9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:00 pm - 3:30 pm Free Legal Services 2:30 pm Qigong 3:30 pm Healthy Bones (Lincoln Park - Outside behind Shelter #3)</p>	<p>23</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>26</p> <p>9:30 am Men's Coffee 11:45 am Party in the Park 12:45 pm Music Monday at Lincoln Park Shelter #3 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>27</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm German Law Presentation 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>28</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>29</p> <p>9:30 am Men's Coffee 1:00 pm Independence Day Bingo \$100 Giveaway (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>30</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

GFSC
Library

We have a selection of books in hardcover and soft cover by Jonathan Kellerman. Jonathan Kellerman is an award winning psychologist, author, teacher and researcher. He helped to pioneer the field of forensic psychology doing many years of research during his years at the USC School of Medicine. Many of his books are mysteries that revolve around his work.

Check out our books by Kellerman, as well as many others on the 2nd floor in our Library!

Medicare Flex Card Scams

Remember the phrase, if it sounds too good to be true...it probably is! This may be the case with recently reported fraudulent activity involving some Medicare flex cards. Flex cards are prepaid debit cards offered through “some private” Medicare Advantage plans. Beneficiaries report receiving calls from someone impersonating a Medicare “representative” who tries to sell them a Medicare flex card. There have also been advertisements which direct you to a website.

Certain Medicare Advantage plans may offer flex cards to members to cover additional health-related expenses covered by their plan, like over-the-counter medications, or dental and vision copays. Some flex cards may even allow a grocery allowance for healthful foods.

How this scam works, the caller or the advertisement claims that Medicare is giving out flex cards which provide several hundred dollars toward food and other items. The caller will ask for personal information while the advertisement directs you to a website where you will be asked to enter your personal information such as a Medicare number, Social Security number, credit card or banking information. Providing your private financial information then leads to the next step of identity theft. Some warning signs to avoid being a victim:

- The caller or ad says that the flex card is from Medicare or the Centers for Medicare & Medicaid (CMS). **Medicare DOES NOT issue flex cards.** Some private Medicare Advantage plans may, but you have to qualify first.
- The caller or ad states that you can use the card to buy anything. Flex cards linked to Medicare Advantage plans have specific requirements, you can't use them for everything.
- If someone other than a representative from your own Medicare Advantage plan contacts you about a flex card, think SCAM! You can only get a flex card if you are a member of the Medicare Advantage plan.

Remember, Medicare will NEVER call you without your request to do so, such as leaving a message on the Medicare customer service line (800-633-4227).

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: AARP (23 March 23). *Watchdog Alerts:* Medicare flex card scams, <https://www.aarp.org/money/scams-fraud/info-2023/medicare-flex-card.html>

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

This project was supported, in part, by grant number 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy. **Like us on Facebook:** North Dakota Senior Medicare Patrol

RADON

- 1 Radon is a colorless, odorless gas found in the soil and is common throughout North Dakota. Because soil is porous, radon moves up from the soil and into the home. The gas can accumulate in the air we breathe, becoming a health concern.
- 2 Radon gas decays into small particles that are radioactive, and when we inhale these small particles, they can damage the lungs. Exposure to radon over a long period of time can lead to lung cancer. In North Dakota, 63% of homes have radon levels that pose a significant health risk.
- 3 Any radon level poses some health risk and it is not possible to reduce radon to zero. The best approach is to lower the radon level as much as possible. The Environmental Protection Agency (EPA) has set the action level at 4 pCi/L (picocuries of radon per liter of air). At 4 pCi/L or higher, it is recommended a radon mitigation system is installed to reduce the radon level.
- 4 Testing your home is the only way to know if radon levels are high. You can test your home yourself or hire a licensed professional. The result from a properly performed test will help you decide if you need to reduce your home's radon levels. Fortunately, the risk is largely preventable by testing and mitigating indoor radon level as low as reasonably achievable.
- 5 **GFPH offers radon test kits at no charge on a first come, first-serve bases.** Please call the office to be sure that kits are still available. Testing kits are available to borrow from the GF Public Library. Lastly, kits can be purchased at most hardware stores.



Public Health
Prevent. Promote. Protect.
Grand Forks Public Health

4/2023

To learn more about radon scan the QR code or visit:
www.grandforksgov.com/radon
or call 701.787.8100



Scan Here

The University of North Dakota's Department of Geriatrics would like your feedback!!

We are exploring the possibility of providing Annual Wellness Assessments that include screenings on such things as What Matters Most to you in your health care, Medications, Memory/Mentation and your Mobility. To help us determine interest in this program, where to hold the clinic and best times of day, we are asking that you access the 5-question survey located at this link https://und.qualtrics.com/jfe/form/SV_d6hdR11lpE28ik6 and complete it. The survey is brief and should not take more than a few minutes of your time to complete. Finally, the survey does include a section for you to make any additional comments that you might find helpful for us. Thank you in advance for your participation!

July Tech Talk Class

Thursday, July 6 at 10:30 am

June Tech Talk is canceled, but we wanted to let you know as far in advance as we could that July's Tech Talk will cover **MyChart**. The app that both Altru and Sanford use! DeAnn McDonald will be here from Altru to show you everything you can do in MyChart. Call 701-772-7245 to register. Class size limited, so register early. For individuals 55 and older.

PURSE DONATIONS NEEDED!

Seeking donations of gently-used purses, wallets, and totes, for our annual Purse Sale (no jewelry please). **We are currently accepting donations and the deadline for purse donations is Monday, July 31.** Please bring items to the GFSC front desk.

Save the date:

Purse Sale

Aug 8, 12:30 pm - 4:00 pm



Meet Roxie!

Roxie, our new Meals on Wheels Coordinator, started in April. She joins us after previously working on the management team at River Cinema. Roxie is married to Adam. Together, they have two daughters and three dogs.

In her free time, she likes to play sand volleyball, go for walks (especially at Turtle River State Park), and draw. When asked why she chose the Grand Forks Senior Center, Roxie said, "I love working with volunteers. They give off such a great energy. I also love that everyone at the Grand Forks Senior Center has the same mission to make seniors feel good!"

Fun Fact:

Roxie loves to draw Disney characters! (And she is amazing at it!) She let us share a couple of her drawings with you.



GF Senior Center 2023 Trip Information

July 12 Frost Fire Trip canceled due to building damage from snow.

July 22 | "Footloose" in Devils Lake, ND

Enjoy an outdoor musical in Roosevelt Park in Devils Lake, followed by a trip to the Spirit Lake Casino. (Trip will be cancelled if the weather is bad.)

Cost - \$69 per person



Aug 3 | "Shenanigans" at Jasper Theater

Shenanigans will feature your favorite fun songs of the 50's and 60's.

Cost - \$80 per person



Aug 15-16 | Medora, ND

Includes transportation, one night lodging (double occupancy) at the Rough Rider Hotel, Medora Musical Ticket, Pitchfork Fondue, and Gospel Brunch.

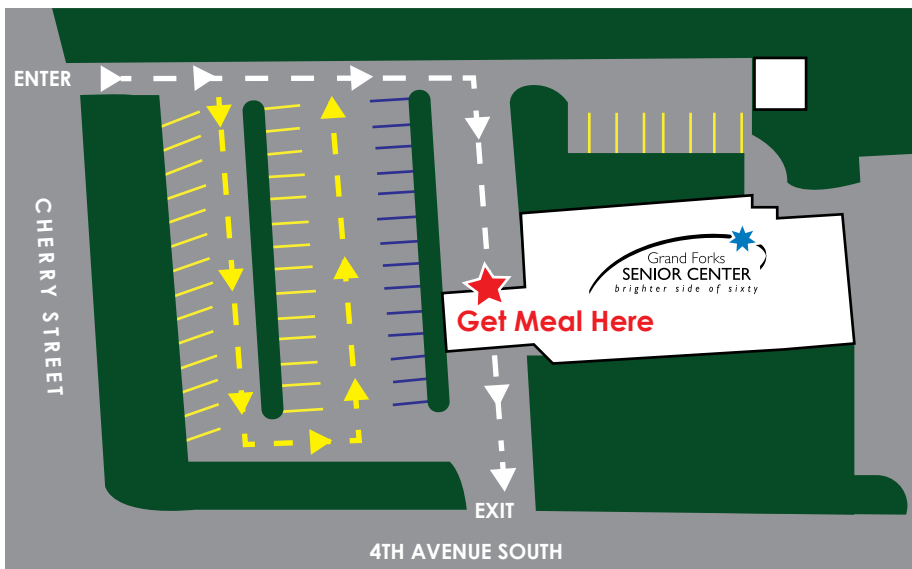
Cost - \$445 per person (double occupancy)



*Must be a GFSC member to attend any GFSC trip. Check or cash only. (If we have to cancel, it will be easier to refund.)
Trip sheets with detailed info are at the GFSC front desk or you can find info online at gfseniorcenter.org/trips.
Questions? Contact the Activity Director at 757-4866 or activity@gfseniorcenter.org.

Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon



Please use **EXTREME CAUTION** while in the Senior Center Parking Lot!

Enter lot from **Cherry Street**

Do not come into lot before 11:25 am.

You may choose between sit-down or drive-thru meals. If you are using our drive-thru, please follow the route shown.

Follow the **white** arrows if the line is short. Follow the **yellow** arrows if the line gets long.

Donations & Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the * symbol. The gifts below were received from April 10, 2023 to May 7, 2023.

Donations of \$1,000-\$4,999

Altru Health Foundation
Grant for Nutrition Pilot Program

Donations of \$500-\$999

Tanke, Harold and Jeannette
Thrivent Choice donations from William & Brenda McCoy, Arthur & Joyce Schroder

Donations of \$250-\$499

Vistad, Stanley and Marsha

Donations of \$100-\$249

Benson, Ray and Mary
Berg, Darrell and Laura
Drees, Ken and Maureen
For Meals on Wheels
Endersbe, Roger and Colleen
Family & Friends of Gail Swanson, in memory of Gail Swanson
Korfhage, Mary Lou
Lofberg, Janice
O'Neil, Terry
Pedersen, Melvin
Schubert, George
In memory of Arline Schubert
Swanson, Andy
In memory of Gail Swanson
Zirnhelt, Clair and Ronda*
In memory of Gail Swanson

Donations up to \$100

Belobraydic, Matt and Rochelle*
Broadwell, Ray and Becky*
In memory of Gail Swanson, Lila Jane Nelson

Buckley, Ann*
Burris, Donna
In memory of Marlene Kuntz
Dvorak, Marlene*
Flynn, Jayne
In memory of Gail Swanson
Gate City
Giving Hearts Day business match
Gates, Marian
In memory of Gail Swanson
Geiszler, Carol
Hammerstrom, Tooker*
Hanson, Carrie
In memory of Gail Swanson
Heier, Judy
In memory of Gail Swanson
Helgerson, Donna*
In memory of my husband, Arral (AJ)
Herrmann, Karen*
Huss, Rex
In memory of Gail Swanson
Iseminger, Carl and Colette*
In memory of Gail Swanson, Lila Jane Nelson, Gary Iverson
Lunde Beverly,
In memory of Jerry Flom, Arvin Kvasager
Mattern, Alice*
McKenna, Terry and Mary Ann
In memory of Lila Jane Nelson
Meta Payments
Nelson, Deb
For Resources
Sandberg, Curt and Ione*
For Meals on Wheels
Sanderson, John and Rita
In memory of Gail Swanson
Schiele Kathy*
In memory of Don Schiele

Schmidt, Joe and Becky
In memory of Gail Swanson
Schumacher, Matt and Jami*
Smart, Judy
In memory of Gail Swanson
Spicer, Barbara
In memory of Gail Swanson
Sulland, Steve and Linda*
Torkelson, Kari
In memory of Gail Swanson
Vein, Jerry and Mary*
Venaccio, Michael and Vicki*
Waller, Betty
Walmart Spark Good donation
Westrum, Brad and Yvonne*
Woodrow, Jim and Marge
In memory of Gail Swanson

Wish List



The Grand Forks Senior Center is in need of the following:

- Coffee
- Napkins
- Paper Towels
- Wheelchairs & Transport Chair 19 inches and greater

If you are able to contribute please drop off needed items at the front desk.

Upcoming Webinars

June 8th, 10:30 CST -

Benefits of Breakfast

Presented by Stephanie Temple, RDN, LD

<https://bit.ly/NDBreakfast>

US: +1 929 205 6099

Webinar ID: 949 5991 0219

Passcode: 119277



Upcoming Webinars

June 22nd, 10:30 CST -

Eat This, Not That

Presented by Lisa Bixby, RDN, LD

<https://bit.ly/NDEatThis>

US: +1 929 205 6099

Webinar ID: 937 4305 1438

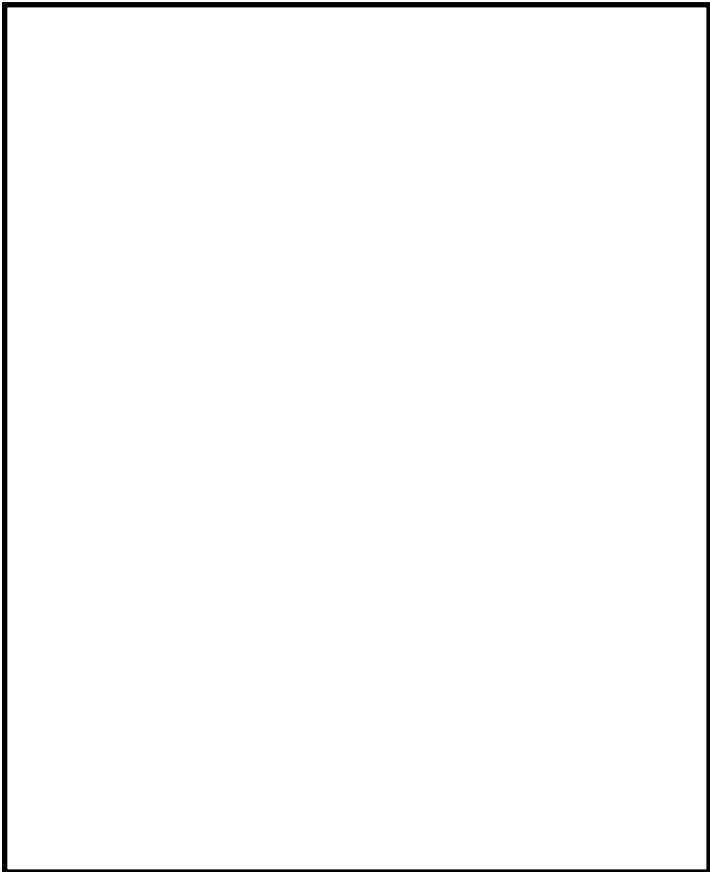
Passcode: 672695



Webinar recordings will be available at: <https://bit.ly/NDR recordings>

Volunteers Needed!

- **Bingo Auditor Needed** - Must have basic math skills, and not play Bingo or volunteer for Bingo at GFSC.
- **Trivia Volunteer** - We are looking for a person to help lead trivia once or twice a month.
- **Home Delivered Meals**, located in Altru Hospital, needs volunteers weekdays, from 11 am - 12:30 pm. Call HDM at 701-780-5169, or email HDMeals@midconetwork.com to help.
- **Meals on Wheels**, located in the GF Senior Center needs volunteers weekdays, from 10:30 am - Noon. Please Call Roxie at 701-757-2006, or email mow@gfseniorcenter.org to help. **Both meal delivery programs are in need of substitutes as well!**



Please be considerate when wearing scented personal care products such as perfume, cologne, aftershave, scented lotions or creams for the body, face or hands. If you choose to wear them, please apply minimally to help accommodate those who are chemically sensitive to fragrances and other scented products. Thank you!

Paid Advertisement

Aspen Park



Briarwood



Parkview Terrace



Our 55+ communities offer: heated indoor parking, elevator, controlled entry, in-unit laundry, library, community room, exercise room, central air, trash chute, storage lockers, 24/7 emergency maintenance and more!



www.immapartments.com • 701-780-8162

Foot Care Appointments

Is it difficult to take care of your toenails? Is your vision failing or do you have arthritis, which can make this task difficult? Whatever the reason, if you are 60 or over, you can have your foot care done by nurses at the Grand Forks Senior Center. Call today for an appointment. Suggested donation of \$30 for foot care at the Grand Forks Senior Center and \$35 for home visits or visits in rural communities.

APPOINTMENTS AVAILABLE: Please call 701-757-4878 to make a foot care appointment at the GF Senior Center or at one of the satellite foot care clinics listed here.

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

June 20	Aneta Community Center, 219 Main Avenue, Aneta	9:30 am - Finish
June 28	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish

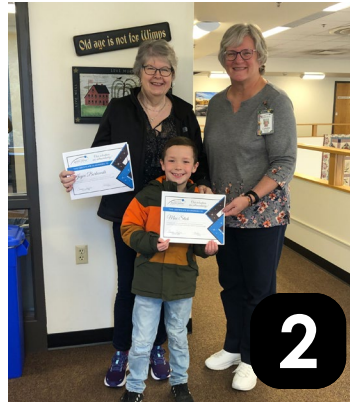
Revised guidelines to keep clients and staff safe:

- Nurses are properly equipped for the safety of all individuals.
- Client masks are optional. Please bring one with you if you want to wear a mask. The Grand Forks Senior Center will no longer provide masks.
- You must call and reschedule your appointment if you are not feeling well!

Please help to keep our nurses healthy to serve you!

Fun In The Center

- 1 Large Donation of supplies for Resources from All Embracing Home Care
- 2 One of our youngest Meals on Wheels Volunteers getting his 2022 certificate
- 3-17 Photos from the April Tea & Style Show





WHOLE GRAINS

Why are whole grains important for me?

Whole-grain foods are a staple in a nutritious diet. They provide fiber, vitamins, minerals, and other nutrients. When choosing whole-grain foods, be sure to check the food label. The words "whole grain" should be at the beginning of the list of ingredients.

Health benefits of eating whole-grain foods may include:

- help control cholesterol levels
- help to lower blood pressure
- lowering insulin levels
- feeling fuller longer

Studies have shown a high-fiber diet can lower the risk of:

- heart and blood vessel diseases
- stroke
- type 2 diabetes
- colorectal cancer



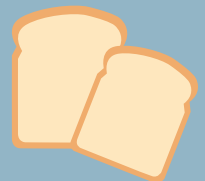
(Mayo Clinic Staff, 2022)

How to incorporate more whole grains in my diet:

- Choose whole grain cereals for breakfast or oatmeal
- Replace white rice with brown rice
- Make or choose sandwiches with a whole grain bread such as 100% whole wheat bread

Whole-grain foods:

- Barley
- Millet
- Quinoa
- Brown rice
- Wild rice
- Oatmeal
- Whole-wheat flour
- Whole-wheat bread & pasta



(Mayo Clinic Staff, 2022)

McKenzie Moe, UND Dietetic Student

References

1 Mayo Clinic Staff. (2022, December 10). The whole truth about whole grains. Mayo Clinic. Retrieved January 24, 2023, from <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826#:~:text=Whole%20grains%20provide%20fiber%2C%20vitamins,heart%20disease%20and%20other%20conditions.>


June 2023 - Grand Forks Title III Older Americans Act Food Program

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. Please contribute what you can. Cash, Check, EBT/SNAP and Credit Cards are accepted at the GFSC. You may call 701-772-7245 to pay with your card. Those under 60 years are required to pay the actual cost of the meal unless your spouse is over 60. The actual cost of the meals are: \$6.50 for Breakfast; \$11.75 for Lunch. The second entree option is available for sit-down meals at the Senior Center. Menu is subject to change based on availability of food and supplies.

MONDAY Breakfast	TUESDAY Breakfast	WEDNESDAY Breakfast	THURSDAY Breakfast	FRIDAY Breakfast
8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce (1cs) Omelet (.5cs) 2 WW Toast (2cs)	8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce (1cs) 2 Cinnamon French Toast (2cs) 1 scrambled egg	8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce (1cs) 2 Blueberry Pancakes (3cs) 2oz Turkey Sausage	8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce (1cs) Sausage Egg Muffin (2cs) Whole Grain Cereal (1cs)	8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce (1cs) Egg Made to Order Hashbrown Patty (1cs) 2 WW Toast (2cs)
Breakfast: Toast with a meal includes margarine, jelly and peanut butter choices; Syrup and margarine are available with pancakes and french toast meals				
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch: June 1	Friday Lunch: June 2
*Entrée Salads must be pre-ordered with your meal reservation for the Sr Center meal site (except Taco Salad)	MENU SUBJECT TO CHANGE WITHOUT NOTICE		3 oz Herb Chicken or Liver 1/2 c. Sweet Potatoes (1cs) 1/2 c Fresh Broccoli 1/2 c. Peach Sc (1cs)	3 oz Cranberry Chicken (1cs) or Stuffed Pepper (.5cs) 1/2 c Parslied Potatoes (1cs) 1/2 c. Mixed Vegetables (.5cs) 1/2 c Grapes (1cs)
Monday Lunch: June 5	Tuesday Lunch: June 6	Wednesday Lunch: June 7	Thursday Lunch: June 8	Friday Lunch: June 9
3 oz Ham Sm Baked Potato (1cs) or 8 oz Tator Tot Hotdish (2cs) 1/2 c Roasted Brussel Sprouts 1/2 c. Mand. Oranges (1cs)	Spaghetti w/ Meat Sc (2cs) 1c. Romaine Salad/dressing (.5cs) or Berry Burst Chix Salad* (3cs) 1/2 c. Honeydew (1cs) 1 Garlic Bread (1cs) No extra bread	3oz Baked Fish over Rice Blend (1cs) or 8oz Hungarian Goulash (2cs) 1/2 c. Sweet Potato (1cs) 1/2 c. Coleslaw (.5cs) 1/2 c. Strawberries (1cs) 1 WW Bread (1cs)	Taco Salad (.5cs) w/Salsa Tortilla Chips (2cs) or 8 oz Chix Noodle Hotdish (2cs) 1/2 c Peas (.5cs) 1 WW Bread (1cs) 1/2 c. Fresh Fruit Cup (1cs)	Applesauce Ribs (1cs) or 3 oz BBQ Chicken (1cs) 1/2 c. Potato Salad (1cs) 1/2 c Green Beans 1/2 c. Pears (1cs)
Monday Lunch: June 12	Tuesday Lunch: June 13	Wed Lunch: June 14	Thursday Lunch: June 15	Friday Lunch: June 16
3 oz Swiss Steak/gravy or Pork Chop/gravy 1/2 c Mashed Pot/Gravy (1cs) 1/2 c. Carrots (.5cs) 1 Orange (1cs)	2x3" Lasagna (2cs) 1c. Romaine Salad/dressing (.5cs) 1/2 c. Green Beans or Chix Caesar Salad* (3cs) 1 WW Bread (1cs) 1/2 c Peach Sc (1cs)	Hawaiian Chix w/Pineapple & Cheese on WW Bun (2cs) or Sloppy Joe on WW Bun (2cs) 1/2 c. Potato Salad (1cs) 1/2 c Peas (.5cs) 1/2 c. Fresh Fruit Cup (1cs)	3 oz Roast Turkey /gravy or Roast Beef / gravy 1/2 c Mashed Pot/Gravy (1cs) 1/2 c Fresh Broccoli 1/2 c. Strawberries (1cs)	3 oz Swedish Meatballs (1cs) or Lemon Pepper Fish 1/2 c Mashed Pot w/gravy (1cs) 1/2 c. Squash (1cs) 1/2 c Grapes (1cs)

Monday Lunch: June 19	Tuesday Lunch: June 20	Wed Lunch: June 21	Thursday Lunch: June 22	Friday Lunch: June 23
8 oz Beef Stew (.5cs) or 8 oz Chicken Wild Rice Casserole (2cs) 1/2 c. Peas (.5cs) 1/2 c Pear Sauce (1cs)	Stuffed Shells w/Sauce (3cs) 1c. Romaine Salad/dressing (.5cs) or Turkey Melon Salad* (3cs) 1 WW Bread (1cs) 1/2 c Grapes (1cs)	4 oz Beef Tips in Gravy or Turkey Tidbits in Gravy 1/2 c. Mashed Potato/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 c. Apple Crisp w/Top (2cs)	3 oz Salmonloaf (.5cs) or Bk Chix Fried Steak (.5cs) 1/2 c Mashed Potato (1cs) 1/2 c. Creamed Peas (1cs) 1/2 c. Strawberries (1cs)	Stuffed Cabbage Roll (1cs) or 3 oz Sweet & Sour Chicken (1cs) Small Baked Potato (1cs) 1/2 c Green Beans 1/2 c Fresh Fruit (1cs)
Monday Lunch: June 26	Tuesday Lunch: June 27	Wed Lunch: June 28	Thursday Lunch: June 29	Friday Lunch: June 30
California Hamburger on WW Bun (2cs) or Fishburger on WW Bun (2cs) 1/2 c Baked Beans (2cs) 1/2 c Potato Salad (2cs) Watermelon Wedge No extra bread	3 oz Pork Roast w/ gravy 1/2 c. Boiled Pot/Gravy (1cs) 1/2 c Yams (1cs) or Chef's Salad (2cs) 1/2 c Grapes (1cs)	3 oz Salisbury Steak w/ Mushroom Gravy or Chicken in Gravy 1/2 c. Mashed Potato/gravy (1cs) 1/2 c.Citrus glazed carrots (.5cs) 1/2 c. Strawberries (1cs)	3oz Italian Chicken or Meatloaf (.5cs) Sm Baked Potato (1cs)/ Sr Cream 1/2 c Fresh or Steamed Broccoli 1/2 c. Cantaloupe (1cs)	3 oz Baked Salmon or P/A glazed Pork Chop (.5cs) 1/2 c Scalloped Potato (1cs) 1/2 c. Green Beans 1/2 c. Peaches (1cs)
Breakfast (8:30-9am),and Lunch (Noon-12:15) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only.		Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 97.4 g; Fat 24.5 g, Fiber 10.29 g Attn: Diabetics- These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts		No reservations required at the Grand Forks Senior Center (620 4th Ave South). Reservations required at these sites: Homestead-1639 24th Ave South from 12-12:15 Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.

1% Milk (1cs); 2 Whole Wheat Bread (unless noted) (2cs); and margarine are available with each lunch.

Date: 5/1/2023 Licensed Registered Dietitian #13899  Colette Iseminger, MS, RD, LRD

Sit-Down Breakfast - Served 8:30 am - 9 am
Drive-Thru Lunch - Served 11:30 am - Noon
Sit-Down Lunch - Served Noon - 12:15 pm

Don't be late, or you won't get a plate!
Please be considerate of serving times!



Cities Area Transit offers
SENIOR RIDER

Monday - Friday:
6:00 am - 10:00 pm
Saturdays:
8:00 am - 10:00 pm



Call **787-9120** weekdays before 5:30 pm. Before using this service, you must complete an application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved. **Masks and social distancing are encouraged.** Rides within GF and EGF city limits only.

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Financial Assistance Available

For information call:
701-775-2586



ND Aging & Disability Resource Link

for information on senior services in North Dakota, you may contact the following:

Phone:
1-855-462-5465
Website:
carechoicend.
assistguide.net

Interesting Facts about June:

In both common and leap years, no other month begins on the same day of the week as June.

June is accordion awareness month (Make sure to check out Chuck Gust's performance to celebrate on June 19 at 1 pm!), as well as candy, dairy, and papaya month.

If you would **like to receive this newsletter** (either in the mail or by email), you **no longer wish to receive this newsletter, or your address is changing**, please contact the GF Senior Center at 701-772-7245 or pr@gfseniorcenter.org. If you live outside of Grand Forks or Nelson county, you will need to become a member in order to get the newsletter by mail.



620 4th Ave. S.
Grand Forks, ND 58201
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Grand Forks Senior Center
June 2023
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

Retirement Party for Ranea

Join us for a special Music Monday, on June 5 at 1 pm to celebrate Ranea and all of her accomplishments as the Activity Manager at the Grand Forks Senior Center over the last 10+ years! No gifts please.

Music will be provided by Joe Schmidt.

